

COVID-19

Patient Discharge Pack

Name:

DOB:

RXK:

NHS no:

Date of COVID-19 swab:

COVID-19 swab result: Positive Negative Awaited

Oxygen saturation (SpO2) on discharge:

Discharge destination:

**You will be contacted at/around
48 hours after your discharge from hospital.**

What is COVID-19?

COVID-19 is an illness caused by a newly discovered virus called coronavirus. Most people (about 80%) infected with coronavirus will experience mild to moderate symptoms and recover without requiring special treatment. The most common symptoms of COVID-19 are fever, tiredness and a dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea. Some people become infected but do not develop any symptoms and do not feel unwell. Around one out of every six people who catch COVID-19 become seriously ill and develop difficulty in breathing. Older people and those with underlying health conditions are more likely to develop serious illness. This virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes. The incubation period (i.e. the time between exposure to the virus and onset of symptoms) is currently estimated to be between one and 14 days. There is currently no specific treatment or vaccine for COVID-19. You can find out more about coronavirus and the best ways to stop it from spreading by visiting www.nhs.uk/coronavirus.

Why am I being discharged from hospital?

You are being discharged from hospital as your health team feels that you are now medically fit to return home or to your place of discharge.

What can I expect?

It is our priority to ensure that you are discharged safely from hospital and to the most appropriate available place.

Your health team will discuss discharge and transport arrangements with you (and a family member, friend or carer if you wish). If you require care and support when you get home, this will be arranged.

You will be contacted by a member of your health team to update you about your COVID-19 swab test result, when available, which would normally be within five days.

What should I do if I have a negative COVID-19 swab result?

You will still need to follow the guidance on self-isolation if you have symptoms of COVID-19 as false negatives can occur.

What should I do next?

Self-isolation

If you live alone and you have symptoms of coronavirus, however mild, stay at home for seven days from when your symptoms started. After seven days, if you do not have a high temperature, you do not need to continue to self-isolate. If you still have a high temperature, keep self-isolating until your temperature returns to normal. You do not need to self-isolate if you just have a cough after seven days, as a cough can last for several weeks after the infection has gone.

Household-isolation

If you live with others and you are the first in the household to have symptoms of coronavirus (COVID-19), then you must stay at home for seven days, but all other household members who remain well must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill. For anyone else in the household who starts displaying symptoms, they need to stay at home for seven days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period.

Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

- ✓ You and all household members should remain at home. Do not go to work, school, or public areas, and do not use public transport or taxis.

- ✓ If possible, you should not go out even to buy food or other essentials, and any exercise should be taken within your home.

What to do if I have another episode of COVID-19 symptoms after the end of my first period of self- or household-isolation?

You need to follow the same guidance on self-isolation again.

If I previously tested positive for COVID-19 and have another episode of symptoms, do I need to self-isolate again?

You will probably have developed immunity to coronavirus and your new symptoms are very unlikely to be due to COVID-19 and therefore you and your household do not need to isolate.

However, if another person in your household develops symptoms and they have not previously tested positive for COVID-19, then they need to isolate along with all other members of the household except for you (as you have already tested positive).

If you are concerned about your new possible COVID-19 symptoms (a new, continuous cough or a high temperature), call the 111 coronavirus service.

What you can do to make your isolation easier

- ✓ Plan ahead and think about what you will need in order to be able to stay at home for the full seven or 14 days.
- ✓ Talk to your employer, friends and family to ask for their help to access the things you will need.
- ✓ Think about and plan how you can get access to food and other supplies such as medications that you will need during this period.

- ✓ Ask friends or family to drop off anything you need or order supplies online, but make sure these are left outside your home for you to collect.
- ✓ Make sure that you keep in touch with friends and family over the phone or through social media.
- ✓ Think about activities you can do during your time at home.

What you can do to reduce spread of infection in your home

- ✓ Wash your hands regularly, using soap and water, or use hand sanitiser.



- ✓ Cover coughs and sneezes.



- ✓ **Aim to keep 2 metres (3 steps) away from your household members.**
- ✓ **Do not have social visitors in your home.**
- ✓ **Cleaning and disposal of waste.**
 - Use your usual household detergents and bleach, as these will be very effective at getting rid of the virus on surfaces.
 - Clean frequently touched surfaces such as door handles, handrails, remote controls and table tops.
 - Clean a shared bathroom and/or toilet each time you use it.
 - Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. This should be put aside for at least 72 hours before being put in your usual external household waste bin. Other household waste can be disposed of as normal.
- ✓ **Laundry.**
 - To minimise the possibility of dispersing virus through the air, do not shake dirty laundry. Wash items as appropriate in accordance with the manufacturer's instructions. All dirty laundry can be washed in the same load. If you do not have a washing machine, wait a further 72 hours after your seven-day (for individual isolation) or 14-day isolation period (for households) has ended when you can then take the laundry to a public launderette.
 - **Do not share towels**, including hand towels and tea towels.
- ✓ **Facemasks.**
 - If you are infected, the use of surgical face masks may reduce the risk of you infecting other people. On the other hand there is very little evidence that face masks will effectively prevent you from becoming infected with the virus. Public Health England currently does not recommend the use of facemasks as an effective means of preventing the spread of infection.

✔ **Companion animals/pets.**

- At present, there is no evidence that companion animals (e.g. dogs or cats) pose a risk of infection to humans. However, it is always wise to observe basic principles of hygiene when in contact with animals.

✔ If you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

✔ If you cannot move vulnerable people out of your home, stay away from them as much as possible especially in shared spaces such as kitchens, bathrooms and sitting areas, and keep shared spaces well ventilated.



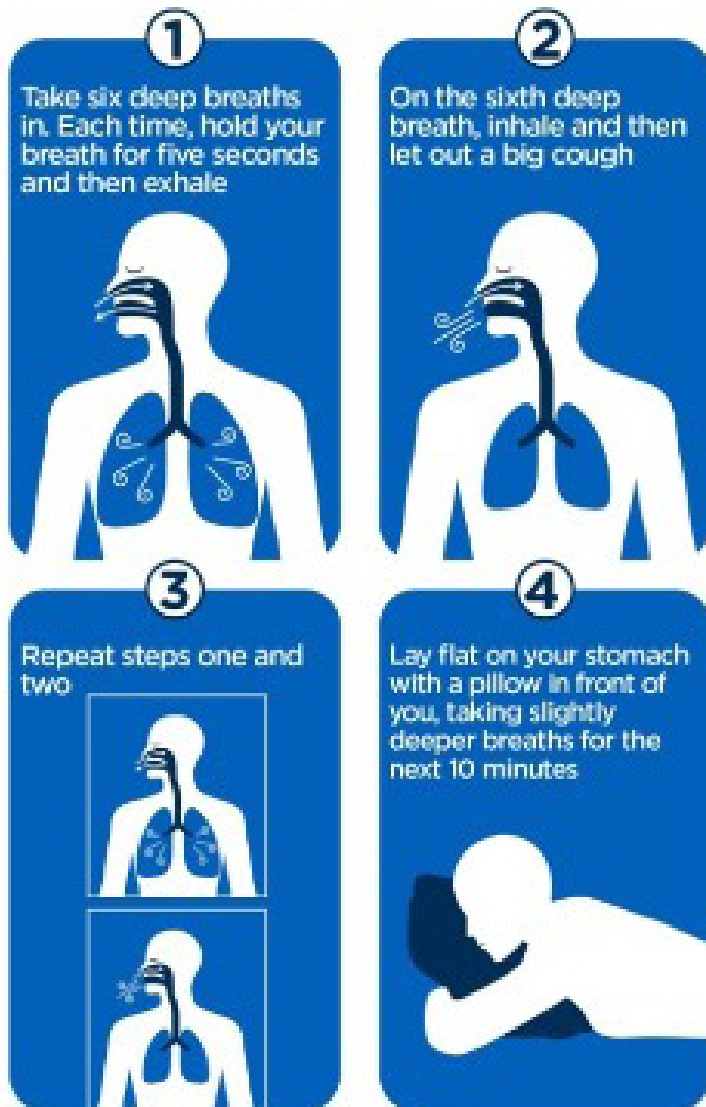
We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face, and clean frequently touched surfaces.

What you can do to make yourself get better

☑ Managing breathlessness

COVID-19 causes breathlessness and this can last for a few weeks. This is noticeable when you exert such as climbing upstairs.

You may practise this four-step breathing technique. We only advise 3-4 breaths rather than 6 to prevent hyperventilation/dizziness.



Positions that help to ease breathlessness

muscles of your face including your jaw.



Standing & leaning forward resting your elbows on the banister, windowsill or chair back in front of you.



Sitting & leaning forward with your elbows resting on your knees or on a table in front of you (use pillows for comfort if you wish). Allow your hands to relax as much as possible.



Lying on your side with pillows underneath your shoulders and head. Make sure your head and neck feel supported. It may feel more comfortable to have a pillow between your legs.



Leaning backwards have your feet slightly apart and lean backwards onto a wall. Relax your hands onto your lap or let them hang loosely at your sides.

Step 2: Breathing techniques

Managing fever, aches, pains and cough

You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose. Until there is more evidence, paracetamol is preferred to non-steroidal anti-inflammatory drugs (NSAIDs) such as ibuprofen for patients with COVID 19.

You should avoid lying on your back when you cough because this makes coughing ineffective. You may take honey to ease your cough or consider short-term use of codeine linctus or codeine phosphate tablets if your cough is distressing.

Coping with stress, anxiety and looking after your wellbeing



You can find out more about relevant **helplines** and guidance on mental health and wellbeing aspects of COVID-19 by visiting these websites:

1. www.nhs.uk/oneyou/every-mind-matters
2. www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19

✓ Stay active at home

It is essential to stay active whilst staying at home to prevent muscle wasting and to improve mental wellbeing.

Stay Active @ Home

www.csp.org.uk/easyexercises

With an indoor lifestyle, physiotherapists recommend a few simple steps to help you stay active at home, lift your spirits and reduce stress. Try them at least twice a week - or even better, daily!

Sit-to stand
Sit tall near the front of a chair with your feet slightly back. Lean forwards slightly and stand up with hands on the chair if needed. Step back until your legs touch the chair then slowly lower yourself back into the chair. Repeat 10 times.

Heel raises
Stand tall, holding the back of a sturdy kitchen-type chair or kitchen sink, then lift your heels off the floor, taking your weight onto your leg toes. Hold for three seconds, then lower with control. Repeat 10 times.

Toe raises
Stand tall holding the same support, then raise your toes - taking your weight on your heels. Don't allow your bottom to sag. Hold for three seconds, then lower with control. Repeat 10 times.

One leg stand
Stand close to your support and hold it with one hand. Balance on one leg, keeping the support knee soft and your posture upright. Hold the position for 10 seconds. Repeat on the other leg.

Heel-toe stand
Stand tall, with one hand on your support. Put one foot directly in front of the other to make a straight line. Look ahead, take your hand off the support and balance for 10 seconds. Then the front foot back to hip width apart. Then place the other foot in front and balance for 10 seconds.

Heel-toe walking
Stand tall, with one hand on a support like a kitchen cabinet. Look ahead and walk 10 steps forward, placing one foot directly in front of the other so that the feet form a straight line. Then for a steady walking action, take the feet back to hip width apart, turn around and repeat the steps in the other direction.

MAKES SURE THE CHAIR YOU USE IS STURDY + WEAR APPROPRIATE SHOES + IF YOU EXPERIENCE CHEST PAIN, DIZZINESS OR SEVERE SHORTNESS OF BREATH, STOP AND CONTACT A HEALTHCARE PROFESSIONAL + A PHYSIOLOGIST. THE TOP OF YOUR SHOES SHOULD BE AT LEAST 2 CM ABOVE YOUR HEELS.

If you feel well enough you can take part in light exercise within your home. You can find a list of useful resources for getting yourself active by visiting www.csp.org.uk/news/coronavirus/clinical-guidance/supporting-patients-stay-active-during-covid-19/getting-active.

Eat well and maintain good hydration

Eating a well-balanced diet can help ensure the normal functioning of the immune system (see below the 'Eatwell Guide'). Make sure you are eating and drinking regularly, even if you have low appetite.

For people with specific nutrition needs, it is important to continue to follow the dietary recommendations made by your dietitian or your health team.

As we normally get Vitamin D from sun exposure, people with little or no sun exposure should consider taking 10 micrograms supplement daily. You should avoid taking foods or supplements advertised as 'immune-boosting' or 'COVID-19 protective' in an attempt to protect you from this virus.



You can find out more about nutrition and dietary issues related to COVID-19 by visiting www.bda.uk.com/resource/covid-19-coronavirus-advice-for-the-general-public.html

When should I call for help and who should I call?

If you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after seven days, then use the following services:

- Contact your GP
- Dial 0121 5072664, Option 5 (you will be in touch with the iCARES Team, a community team who may arrange visit if needed)
- NHS 111 online coronavirus (COVID-19) service. If you do not have internet access, call NHS 111
- For a medical emergency dial 999

References

1. Stay at home: guidance for households with possible coronavirus (COVID-19) infection, updated 21 April 2020
www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection
2. www.nhs.uk/coronavirus
3. www.england.nhs.uk/coronavirus/
4. www.ecdc.europa.eu/en/covid-19/questions-answers
5. www.who.int/emergencies/diseases/novel-coronavirus-2019
6. NICE Guideline [NG163] COVID-19 rapid guideline: managing symptoms (including at the end of life) in the community. www.nice.org.uk/guidance/ng163/chapter/6-Managing-breathlessness
7. <https://globalnews.ca/news/6788251/breathing-technique-coronavirus/>
8. Managing breathlessness, St George's University Hospitals NHS Foundation Trust
9. www.nhs.uk/oneyou/every-mind-matters
10. www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19
11. www.csp.org.uk/news/coronavirus/clinical-guidance/supporting-patients-stay-active-during-covid-19/getting-active.
12. www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html

**Most people infected with COVID-19
will make an uneventful recovery
without requiring special treatment.**

**We wish you a speedy recovery
and get well soon!**



A Teaching Trust of The University of Birmingham
Incorporating City, Sandwell and Rowley Regis Hospitals

© Sandwell and West Birmingham Hospitals NHS Trust

ML6155

Issue Date: April 2020

Review Date: April 2023